

## What is the ICBM?

Many individuals with traumatic brain injury in post acute recovery need a period of physical, social, psychosocial and independent living adjustment prior to the initiation of vocational services. In order to address this need the Alabama Department of Rehabilitation Services (ADRS) implemented a new service delivery system: the **Interactive Community Based Model (ICBM)**. The ICBM provides a structured, progressive approach to assist individuals with TBI and their families as they transition from the hospital to the home and community. The ultimate goal of the ICBM is improving the individual's readiness for services that lead to employment.

The ICBM is an interactive, pre-vocational program incorporating activities of daily living, cognitive retraining, recreational and social skill development and activities to promote physical endurance.

The ICBM helps address employability, independence, and interpersonal and community reintegration.

Services for ICBM participants are provided through the Alabama Department of Rehabilitation Services (ADRS) and the Alabama Impaired Drivers Trust Fund.

## Alabama Department of Rehabilitation Services Offices

### Area I

621 Cherry Street NE  
Decatur, AL 35602  
1-800-671-6838  
Fax: 256-351-2476  
Calhoun, Cherokee, Colbert, Cullman, DeKalb,  
Etowah, Franklin, Jackson, Lauderdale, Lawrence,  
Limestone, Madison, Marshall, Morgan

### Area II

236 Goodwin Crest Drive  
Homewood, AL 35219  
1-800-671-6837  
Fax: 205-945-8517  
Blount, Chilton, Cleburne, Jefferson, Shelby,  
St. Clair, Talladega

### Area III

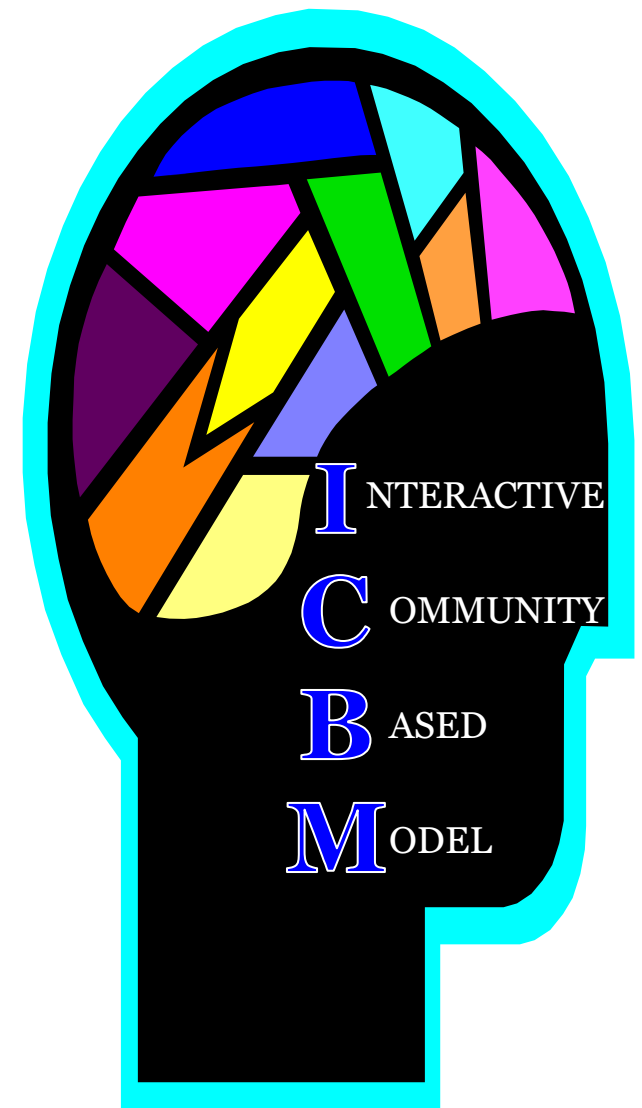
1305 37<sup>th</sup> Street East  
Tuscaloosa, AL 35403  
1-800-331-5562  
Fax: 205-554-1369  
Bibb, Fayette, Greene, Hale, Lamar, Marengo,  
Marion, Perry, Pickens, Sumter, Tuscaloosa,  
Walker, Winston

### Area IV

602 South Lawrence Street  
Montgomery, AL 36104  
1-800-441-7578  
Fax: 334-293-7372  
Autauga, Barbour, Bullock, Butler, Chambers,  
Clay, Coffee, Coosa, Covington, Crenshaw, Dale,  
Dallas, Elmore, Geneva, Henry, Houston, Lee,  
Lowndes, Macon, Montgomery, Pike, Randolph,  
Russell, Tallapoosa

### Area VI

2419 Gordon Smith Drive  
Mobile, AL 36617  
1-800-671-6842  
Fax: 251-478-2198  
Baldwin, Choctaw, Clarke, Conecuh, Escambia,  
Mobile, Monroe, Washington, Wilcox



***A Service Delivery  
System  
for Adults with  
Traumatic Brain Injury***

## What is a Care Coordinator?

The Care Coordinator is a rehabilitation professional who specializes in providing TBI-related services. Through the ICBM, the Care Coordinator works with the individual with TBI and with the family members to ensure that the program goals are tailored to meet the individual's needs. Additionally, the Care Coordinator provides counseling, TBI awareness and psychosocial adjustment education, independent living skills and interpersonal and community interaction opportunities. The Care Coordinator may:

- Gather basic information
- Coordinate services
- Evaluate independent living skills
- Investigate similar benefits
- Purchase individual services
- Provide education and training
- Provide counseling
- Set goals
- Develop an individualized service plan with the individual and family
- Plan and initiate activities
- Develop and facilitate local resources

**For more information on TBI services or ADRS, please visit:**

**[www.rehab.alabama.gov/tbi](http://www.rehab.alabama.gov/tbi)**

## Who Qualifies?

The ICBM is designed for individuals who:

- Have sustained a traumatic brain injury as a result of neurotrauma.
- Are less than 2 years post injury.
- Are not ready for traditional Vocational Rehabilitation services at the time of referral.
- Can benefit from a cognitive and/or behavioral rehabilitation program.

## Referrals to the ICBM

Referrals to the ICBM are made by traditional rehabilitation referral sources, an existing network of contacts within the rehabilitation community. These contacts include acute healthcare facilities, other TBI service providers, educational or counseling professionals, and family members. The vocational rehabilitation counselor initially receives referral information and determines readiness for vocational rehabilitation. If the individual is not ready for traditional VR services, the counselor makes a referral to the ICBM. The individual is made aware that vocational rehabilitation services are available to assist with employment at the appropriate time.

## Participation

The ICBM incorporates individual choice throughout the process and empowers the individual and family to actively participate in the individualized assessment, plan development, monitoring of activities, goal setting and recovery. Participation in the ICBM enables an individual with TBI to develop a realistic view of his/her potential for employment.

## Family Role

Family adjustment and involvement are crucial in successful rehabilitation, particularly when TBI is involved. Family involvement is a primary component for home and community reintegration.

## Is the Program Effective?

The overall impact of the ICBM has been significant. This program has:

- Reduced the cost of post-acute care services.
- Reduced the time of referral to vocational rehabilitation to well below the national average.
- Contributed to increasing average incomes of those who participate in the ICBM.